

Executive Summary Fiscal Year 2005

Behavioral Health Services Division/Prevention Services

Substance Abuse Prevention Evaluation Outcomes Fiscal Year 2005

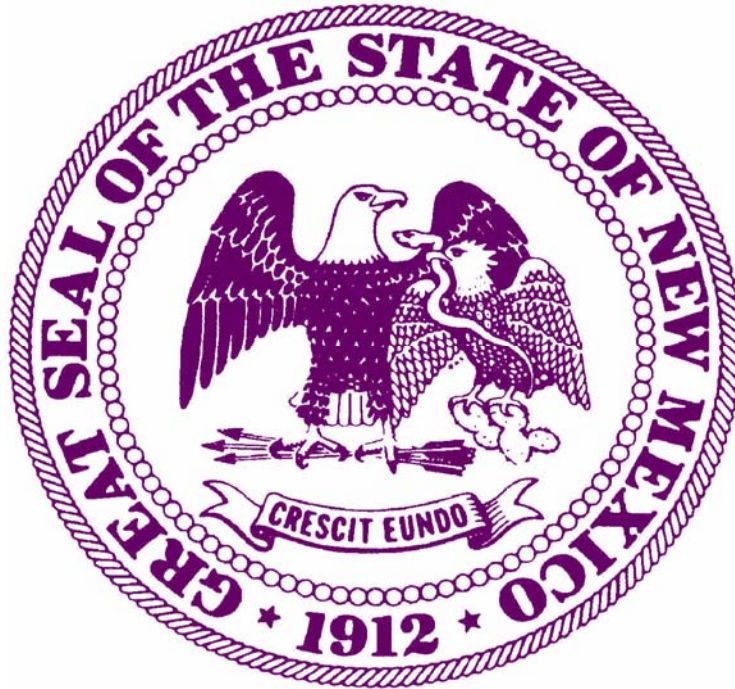


New Mexico Department of Health
Behavioral Health Services Division
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A longer report detailing program evaluation findings and titled State FY 2005 Substance Abuse Prevention Outcome Evaluation Report will be available from NMDOH/BHSD by contacting 505 827-2601 and leaving a mailing address. This longer report will provide data on the statistical significance of outcomes reported by contractors on variables related to alcohol, tobacco and other drug use, as well as variables related to risk and resiliency factors.

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Substance Abuse Prevention Evaluation Outcomes Executive Summary

Overview

The New Mexico Department of Health, Behavioral Health Services Division Prevention Services Team is dedicated to maintaining and improving a comprehensive State Substance Abuse Prevention System. The Prevention Services Bureau works diligently to enhance the capacity of community prevention providers in New Mexico to ensure the delivery of effective prevention services. These services are aimed at reducing alcohol, tobacco and other drug (ATOD) abuse. The successful local outcomes of New Mexico prevention programs are highlighted in this Executive Summary. The investment of state and federal dollars in the implementation of evidence-based prevention programs is producing positive outcomes for youth, families and communities in New Mexico.

Prevention programs funded by NMDOH/BHSD are available to a variety of populations in many different settings. Around the state, services are available to pregnant mothers, children 0-6, parents, guardians and grandparents. There are programs for preschool children, and students in elementary, middle and high school. Programs are available in youth centers, churches and community centers. Funding from NMDOH/BHSD also supports parenting and family programs, as well as community coalitions.

Prevention services are the first line of defense against substance abuse. As currently applied to substance abuse prevention in New Mexico, the Institute of Medicine model views prevention services on a continuum of care spanning from prevention to treatment to maintenance. The sole focus of prevention efforts is on decreasing the degree of individual/family/community vulnerability to related risk and protective factors. Prevention is identified as a continuum of strategies according to the degree of risk of service populations:

Universal strategies address the entire population with messages and programs aimed at preventing or delaying problem behaviors and emotional and/or behavioral disorders.

Selective strategies serve subsets of the population who are deemed to be at risk for emotional and/or behavioral disorders such as children of alcoholics, dropouts, and students who are failing academically.

Indicated strategies are designed to prevent the onset of emotional and behavioral disorders among those individuals identified as being high risk.

Two prevention frameworks, developed in the prevention research literature over the past two decades are emphasized by the NMDOH/BHSD. They are, the risk factor/protective factor framework and the youth development framework. As presented in *Effective Prevention Programming in New Mexico* (Office of the Governor and NMDOH, January 1999), the risk/protective framework stresses the importance of reducing risk factors and enhancing protective factors as identified through a community needs assessment. Conditions associated with greater potential for drug abuse are termed “risk factors”. Those conditions associated with reduced potential for abuse are called “protective factors”.

In this framework the emphasis is on providing youth with skills, opportunities for involvement, and recognition to help ensure that they form pro-social bonds and develop healthy beliefs and clear standards. This framework also applies to reducing risk factors and enhancing protective factors in environments that influence youth, such as families, schools, neighborhoods, and communities.

Youth development is the process through which adolescents seek and are assisted to meet their needs and build individual assets or competencies relevant to enabling them to become successful, confident and self-reliant adults. It is a framework that focuses on capabilities, strengths and developmental needs and views young people as resources. Programs that apply a youth development approach seek to build competencies in the physical, social, cognitive, vocational, and moral areas of a young persons life. It is an ongoing process in which young people are engaged and invested. Youth development programs help youth to deal with the challenges of adolescence and prepare them for the independence and responsibilities of being parents, workers and citizens.

Prevention Standards

Prevention contractors are required to follow accepted Substance Abuse Prevention Standards, which include the following:

- conducting **community needs assessments** regarding local alcohol, tobacco and other drug issues;
- developing **prevention plans with measurable goals and objectives** based on the results of the needs assessment, utilizing data from the needs assessment and input from community members;
- utilizing **multiple prevention strategies** (information dissemination, education, identification and referral, community processes and environmental strategies) across **multiple domains** (community, school, family, peers, individuals) aimed at having a broader impact on the population receiving services;
- implementing **evidence-based prevention services** proven to impact variables associated with the abuse of alcohol, tobacco and other drugs;
- conducting high-level **outcome evaluation** of prevention services in order to make necessary modifications and to demonstrate the effectiveness of the services.

The use of multiple strategies in multiple domains, combined with the use of evidence-based approaches and high-level outcome evaluation, has moved Prevention Services Bureau contractors into implementing proven and effective substance abuse prevention services.

Prevention contractors are required to conduct high-level outcome evaluations of their prevention services in order to make necessary modifications and to demonstrate the effectiveness of services.

Locally Developed Programs

To date, there are five prevention programs developed in New Mexico, and funded through the NMDOH/BHSD that have received national recognition as Exemplary Substance Abuse Prevention Programs through a nation-wide competitive process sponsored by the National Prevention Network, the Center for Substance Abuse Prevention, and the Community Anti-Drug Coalitions of America. These exemplary prevention programs are:

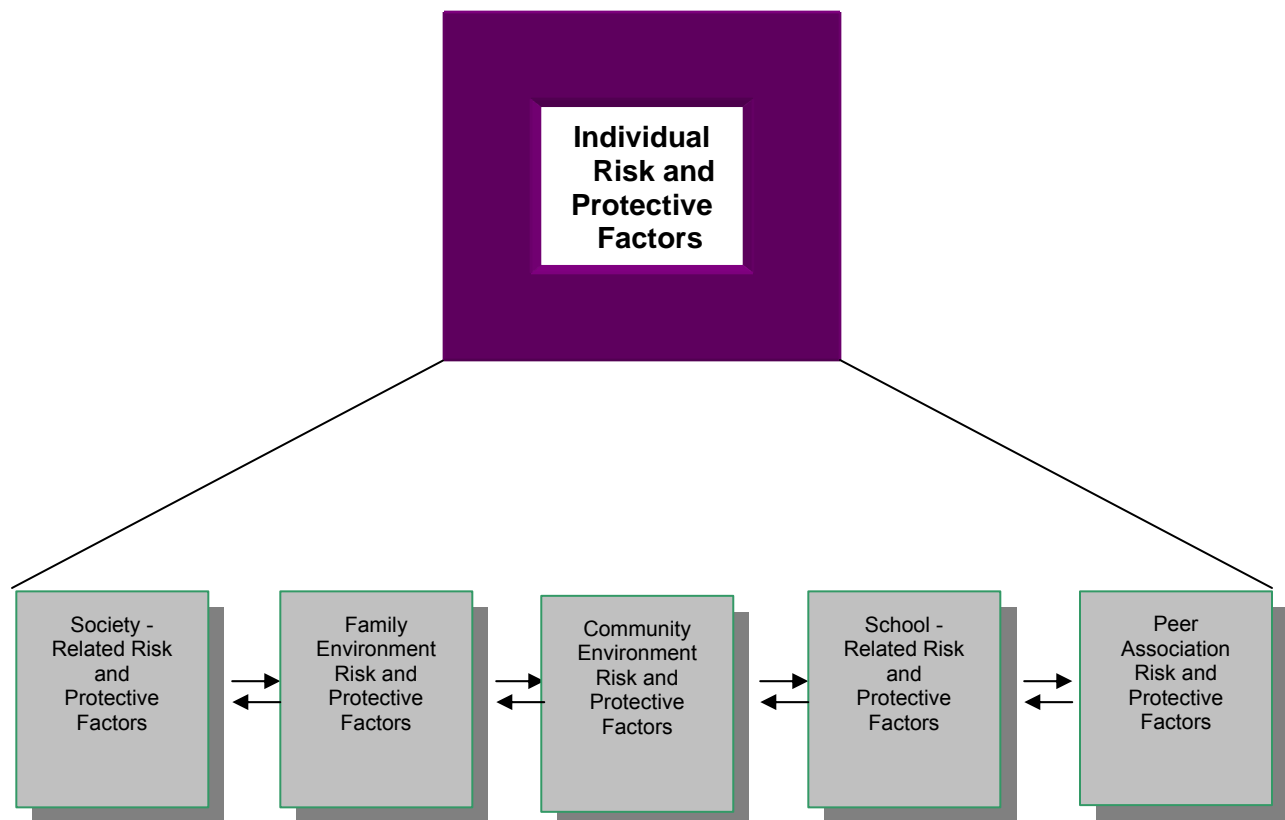
The Albuquerque Partnership (2000)
Project Venture/National Indian Youth Leadership Project (2001)
First Born Program/Gila Regional Medical Centers (2002)
Connecting To Courage/Santa Fe Community College (2002), and
Talking Talons Youth Leadership Program (2002).

BHSD STATEWIDE OUTCOME EVALUATION

Drug use among youth continues to be a national concern; recent data on drug use trends indicate that drug use has remained relatively stable between 1997 and 1999. Data from the National Household Survey on Drug Abuse and Health, 2002 suggests that while the level of drug use does not appear to be substantially increasing for marijuana, alcohol and cigarettes, there still remains a high prevalence of use among youth. One area of concern is the increase in use between 1999-2002 of any illicit drug among 12-17 year old Whites, Hispanics and Blacks. There was a large increase in illicit drug use among non-Hispanic white youth reported in 2002, while at the same time, cigarette use dropped significantly among all ethnic groups for 2002. The prevalence of use among youth indicates a continued need to maintain and ameliorate effective youth prevention programs. Preventative efforts to reduce the prevalence of drug use among diverse ethnic groups must continue to implement evidence based program models that improve resiliency and protective factors and decrease risk factors.

The field of Substance Abuse Prevention has made significant advances over the past decade. Evidence based prevention efforts have resulted in a number of programs that reduce risks and improve resiliency among youth who are prone to drug use and abuse. The Center for Substance Abuse Prevention along with other researchers (Hawkins and Catalano, 1993), promote a Web of Influence framework for understanding the causes and correlates of substance abuse. The Web of Influence model has been equally important for designing prevention programs.

Web of Influence



Factors that contribute to drug use include risk at the individual, peer, school, family and community levels. The New Mexico Department of Health, Behavioral Health Services Division, has effectively utilized this Web of Influence Model to implement a number of prevention initiatives across the state. For the 2005 program year, these initiatives include:

Prevention Programs for Youth Ages 12-17

The Pre-K through Sixth Grade Prevention Initiative

SIG Enhancement: Prevention Services for Youth Ages 0-6 and Their Parents/Families
Community Coalitions

Statewide evaluation focuses on policy shifts, funding stream analysis, capacity building and cross agency collaboration. The most recent available analysis of outcome evaluation data reported below, comes from program activities completed in FY 2004. New program data from FY 2005 activities, listed on the tables will be analyzed and available for publication within 45 days. Preliminary data results continue to show the effectiveness of New Mexico's prevention efforts.

In 1999, the NM BHSD launched a comprehensive statewide prevention network with funding from the New Mexico State Incentive Grant (SIG). Nineteen programs (scopes) in 1999 grew to over 70 programs (scopes) at the end of fiscal year 2002. During fiscal year 2005, from July 1, 2004 to June 30, 2005, the NM BHSD awarded approximately \$7.5 million to prevention programs throughout the state. Approximately \$342,000 went to Coalition programs. About \$2.5 million went to science-based programs for youth ages 12 to 17. A special black tar heroin initiative was allocated about \$384,000. Programs for children in PreK-6 programs received approximately \$2 million. A coalition driven organization working on a New Mexico-Mexico border project was awarded \$94,000. Smoking prevention efforts received \$900,000. One of the initial state goals at the onset of funding in 1998 was to leverage federal funding to increase prevention dollars. In fiscal year 2005 the BHSD funded prevention efforts with about \$7.5 million dollars, and increase of \$500,000 from FY 2004 and almost double the original amount allocated to the first NM SIG programs.

Evidence Based Prevention for 12-17 Year Olds

Covering most areas of the state and a diverse range of evidenced-based prevention programs, the NM BHSD programs for youth ages 12 to 17 remain the centerpiece of New Mexico's ATODA prevention labors. These programs include both nationally recognized efforts, such as Botvin Life Skills, and Project Venture, a locally developed model and practice that has now gained national recognition as an exemplary program.

Outcome data using a pre-post evaluation design were gathered at each of the 21 local 12-17 sites. Participants were evaluated at program entry and program exit. The statewide survey, **Strategies for Success** was used along with other local data collection tools. Using the Strategies for Success instrument allows for comparing findings between last year and the current reporting period. In addition, it will be possible to aggregate data across more than one year.

The aggregated total sample of matched pairs for 12-17 programs was 3,074. Separate analysis was completed for male and female participants. Two age groups, 12-14 and 15-17 were also analyzed separately. Additionally, a separate analysis by ethnicity was completed for Hispanic, Native American and Anglo sub groups.

New Mexico Evidence-Based Programs for 12-17 Years Program Outcomes, FY 05

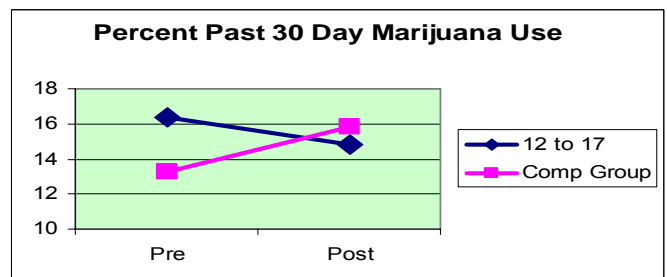
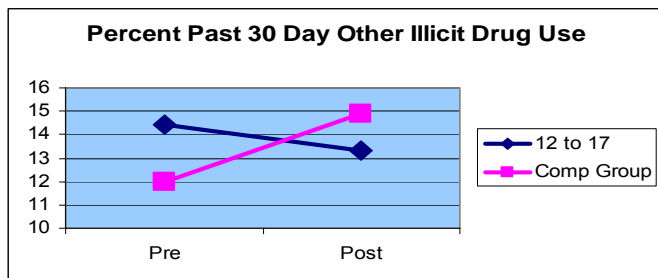
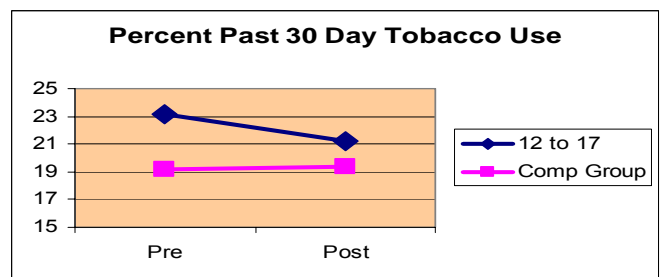
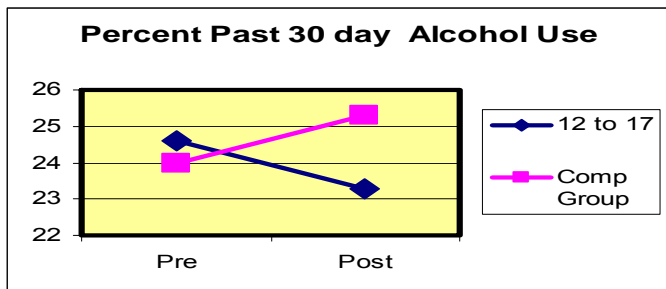
Past 30-Day Use			
Data (Ages 12-17)	Alcohol	Cigarette	Marijuana
National Household Survey on Drug Abuse and Health, 2002	17.6%	13.0%	8.2%
New Mexico 12-17	24.6%	14.6%	16.5%
Comparison Group	23.3%	12.8%	13.3%

This table demonstrates that youth in New Mexico who are recruited for prevention programming demonstrate higher risk behaviors and higher use than youth nationwide.

Comparison Group

New Mexico's rigorous evaluation initiative includes a statewide comparison group, matched statistically to those youth receiving services. In racial/ethnic, age, gender, risk level, and geographic location, the comparison group mirrors the characteristics of youth participating in prevention programs. Comparison group youth completed the same **Strategies for Success** evaluation instrument in pre and post-test settings, stretching over a period of time equivalent to that of program participation.

The graphs that follow show that New Mexico youth who participated in prevention programming reduced their substance use experimentation from pre to post-test, which represents the period of program enrollment. In contrast, the New Mexico statewide comparison group increased their substance abuse over the same period of time.



Pre/Post-Test Comparisons

For the aggregate sample, several significant pre and post-test differences were found.

Previous years results have generally found youth becoming more liberal in their perceptions regarding attitudes toward peers ever trying drugs. This year there was a positive trend toward more conservative perceptions regarding peers ever trying drugs.

For the aggregate sample of youth participants 12-17 years of age, there were significant improvements in resiliency factors, including a significant increase in negative attitudes toward ATOD use ($P=.03$).

An important change not noted in previous years was the significant increase in the perception of harm associated with drug use ($P=.000$). These improvements in resilience are important in light of the fact that youth reported an increase in adult ATOD use ($P=.02$) and perceptions of drug availability also increased ($P=.000$).

Youth in the 15-17 age groups were found to have the strongest positive changes in risk and protective factors. For example, risk taking was reduced, parental support increased and a number of other significant improvements were made for this age cohort.

In the 15-17 year old group, there was a significant reduction in 30-day use in alcohol, marijuana and illicit drug use!

Highlights from the local outcome evaluations of Evidence-Based Prevention programs for 12-17 year olds are presented in Table 3 below.

Pre-Kindergarten through Sixth Grade Youth and Families

Pre kindergarten through 6th grade programs also provide a full continuum of comprehensive community-based prevention services for individuals, families and communities, including Synar activities to reduce the sale of tobacco to minors. As appropriate, the contractor shall provide targeted evidence based prevention programs for youth who are not in need of treatment, and maintain fidelity of the selected evidence based programs. PreK-6 programs are aimed at directly impacting risk and resiliency factors in the targeted age group. These programs tend to involve both youth and their families.

Evaluation of the Pre-Kindergarten through 6th grade (PreK-6) Initiative of the BHSD involved a significant shift in design and approach, particularly given the age level of youth participants. BHSD contractors were asked to provide a comprehensive family approach to substance abuse prevention that included a parent intervention component. Each of these shifts in focus and age of target youth required the development of a new battery of evaluation tools that were piloted and implemented during the 2004 fiscal program year.

As with other BHSD evidence based prevention initiatives, a pre-test, post-test design without control groups was used with the intent to aggregate all youth, parent, and teacher outcome data for this year-end reporting. Local evaluators monitored and provided oversight at each of the 20 funded PreK-6 prevention sites and worked closely with the statewide evaluation team to provide timely data submission.

Youth below the 4th grade do not complete any written evaluation forms. Parent and teacher reports (n=480 matched pairs) are used as the basis for the evaluation of these younger children. Youth in the 5-6th grade age range (n=286 matched pairs) were administered the Youth Risk Instrument which included specific items on lifetime and current substance use.

Pre-K through 6th Grade Programs Baseline Data Findings, FY 05

Demographic Information for Youth Participants

Number of Parents (N=480)		
Age of Children		
0-5	302	72.6.%**
6-9	46	11.1%
10-13	39	9.4%
14-19	29	7.0%
<u>Gender</u>		
Male	182	46.7%
Female	208	53.3%

**** Valid percent represented**

Pre/Post-Test Comparison

Overall, data results for this fourth year of the PreK-6 programs were positive.

The following are highlights from PreK-6 programs:

- Based on parents' responses, there was a significant improvement in the level of community interactions. Findings are indicative of greater parental involvement in community activities.
- There were significant increases in family interactions, which indicates that parents are improving in their family and child interactions. These findings suggest that Pre-K-6 grade programs are having a positive effect on improving how parents communicate and interact with their children.
- Parental attitudes showed a significant increase during the program year. These findings suggest that parental attitudes in relation to controlling their emotions, child-rearing activities and personal goals have evidenced a significant improvement.
- Parent-child interactions significantly improved over the intervention period. Parents' abilities to positively interact and feel confident in their child's affection and abilities improved substantially.

Data findings from the fourth year of the PreK-6 initiative are promising for PreK-4th grade students and parents.

- The data findings indicate that program services for PreK-4th grade parent

participants were effective in promoting positive changes in behaviors at home and in the community. This is the likely result of including parents in the substance abuse prevention effort.

Highlights from outcome evaluation of Evidence-Based Prevention programs for Pre-Kindergarten through Sixth Grade Youth and Families are presented in Table 2.

SIG Enhancement: 0-6

As a result of the effective prevention programming and evaluation system, New Mexico Department of Health/Behavioral Health Services Division was awarded monies for an additional initiative in February 2004. This initiative, funded by the Substance Abuse and Mental Health Services Administration (SAMHSA)/Center for Substance Abuse Prevention (CSAP) focused on implementing evidence based substance abuse prevention programs directed at reducing risks and promoting resiliency and school preparedness. Participants include children ages 0 to 6, (NM SIG Enhancement: 0-6) inclusive of families and communities.

Service providers selected a variety of evidence-based curricula to implement in their communities. New service providers were added to this initiative; therefore training and technical assistance were provided. This is one of two programs nationwide funded to target this age group. Evaluation results are not yet available from this initiative.

Fiscal Year 2005 Highlights of Outcomes from Local Environmental Strategies

Research consistently demonstrates that the most successful prevention initiatives and most meaningful outcomes are produced by community projects that implement broad based activities that focus on multiple domains -- individual, family, school, peer, and community. The BHSD has supported strong coalition driven projects that implement programs designed to change one or more of the three major community level factors that influence substance abuse. Those factors include: community norms that are favorable to substance use, easy availability of substances both illegal and illicit, and policies, regulations and their enforcement (or lack thereof) that create favorable conditions for substance abuse.

All programs funded by the BHSD have been encouraged to implement environmental strategies that are designed to impact norms, availability or access to tobacco, alcohol and other drugs. The following section highlights some of the activities and accomplishments during the 2005 Fiscal Year.

The McKinley County Sheriff's Department continued their efforts in creating and using a geo-mapping system to produce more effective planning and prioritizing by policy makers, other community officials, and community groups, which is already leading to improved outcomes in the community. This system identifies and plots the locations of a wide range of alcohol-related incident data for McKinley County. The system allows them to identify the locations of liquor outlets, DWI arrests, and traffic fatalities involving alcohol, domestic violence incidents and locations where minors under the influence have been apprehended. Last year, geo-mapping information was instrumental in closing down two local bars that consistently sold liquor to inebriated adults. Officer decisions as to saturation patrols or DWI checkpoints are based almost exclusively on the mapping data results. Elected officials and lawmakers are using the information to enforce and/or alter ordinances and laws. As a result of geo-mapping efforts and increased surveillance, there has been a decrease in DWI arrests without additional law enforcement officers and an increase in compliance by liquor vendors. Geo mapping has

also been utilized as an educational tool and for city and county planning. Personnel from the Sheriff's Department regularly discuss geo-mapping information on a popular morning radio program in Gallup. In addition to these radio presentations, there is a high level of cooperation from other local media. Monthly public service announcements and newspaper coverage provide education and notification regarding the efforts of law enforcement and coalition partners.

B.I.G., Southern New Mexico Human Development, Inc. finalized community mapping, used to develop the five year strategic plan, for the U.S. and Mexico border to determine the degree of alcohol outlets within the area and that are identified as places where youth frequent and have easy access to alcohol. The mapping indicates that there are 528 establishments currently operating on the Mexican side of the border including 123 alcohol establishments, 48 bars or lounges, 36-convenience stores/local grocery, 19 restaurants, 3 supermarkets and 17 other (depot, bakery, tourist service, concession services) only 10 miles from the border of El Paso, Texas.

Youth from the Border Media Advocates implemented a survey to determine underage drinking habits of youth including where youth go to drink, why they go there, and with whom they party. Of the youth (n=376) surveyed, the vast majority were high school students, from small border towns in New Mexico. 64% reported drinking in Ciudad Juarez over the last 12 months. Fifty-five percent of this population of underage drinkers are U.S. citizens and 45 percent Mexican residents, with the largest percentage being males. The survey showed that 69.8% of underage drinkers from the United States and 91.4 % of youth from Ciudad Juarez usually drink with friends, 15.9% of U.S. youth and 5.7% Ciudad Juarez youth drink with brothers, sisters or cousins. Both groups chose the following reasons, from the survey, for drinking in Juarez: more fun, easy to get served alcohol, meet more interesting people, no hassles about IDs. U.S. teens rated "cheaper to party there than at home" among their top five reasons, while Ciudad Juarez youth chose "Won't get into trouble". Results of this initiative were reported at the BIG Conference and were used as a baseline in the development of their five-year strategic plan.

Santa Fe Community College Youth leaders participating in the environmental strategy program were trained to provide Merchant Education Sessions to alcohol merchants identified in the community of Pojoaque. A strategic plan for conducting Alcohol Merchant Surveys and educational presentation with merchants was developed. Pretests were distributed to the participating merchants to measure their understanding of: the law that prohibits the sale of alcohol to minors; the effect of alcohol advertising to youth; and general statistics of alcohol use by minors. Educational packets were distributed to all the merchants to share with their employees. Following the educational sessions, merchants signed a commitment to reduce the advertising of alcohol that is attractive to youth. Many agreed to collaborate with youth on future activities that would reduce underage drinking. Posttests administered after the educational sessions indicated merchants have policies to deter underage drinking and require their employees to attend training sessions related to liquor sales to minors.

Research has found an association between high levels of television viewing among youth and early initiation of alcohol, tobacco and other drugs. High levels of television watching per week, 10 hours or more, negatively impact school performance and lowers family communication. Given that the average teenager watches 19 hours of television per week, **the Santa Fe Public Schools** organized a series of events in association with *TV Turnoff Week* to impact the norms of television watching in the greater Santa Fe community and to encourage family involvement in students' lives.

For the second year in a row, along with a group of parents and community members, the Santa Fe Public Schools implemented strategies to encourage parental involvement in the prevention of alcohol, tobacco, and other drug use by creating the second annual “TV Turn Off Week”. Some of the accomplishments included:

2400 students did not watch TV for one week.

8000 youth in 35 schools participated in community and family involvement activities during TV Turn Off Week.

The average number of hours youth watched TV during the week decreased from 21 to 9 hours.

On average, students participated in 8 more family activities during TV Turn Off Week

Four resolutions/proclamations supporting this event were passed. Resolutions were passed by the City of Santa Fe, County of Santa Fe and the Santa Fe Public School Board of Education, and a proclamation from the Governor of New Mexico was signed.

The **Sandoval County DWI/SAP Program** has collaborated for the past several years with local law enforcement agencies to conduct compliance checks and merchant education to prevent alcohol sales to minors. This collaboration resulted in each alcohol merchant in the county receiving two merchant education visits and an additional visit if they failed a compliance check. Multiple compliance check operations were performed throughout Sandoval County. There were a total of 198 merchant contacts with a non-compliance rate of only 9%. In light of the 2001-2002 baseline of 79% non-compliance, the outcomes of this year’s efforts were very successful.

La Clinica del Pueblo de Rio Arriba and **North Central Community Based Services** collaborated on a strategy to focus on underage drinking. Participant youth from their programs were recruited for this strategy, and these students were involved in a variety of activities including:

- ✦ Attendance at Northern Rio Arriba County Health Coalition meetings.
 - ✦ On site visits to area merchants to provide education on the law for sale and consumption of alcohol by minors.
 - ✦ Placement of student made materials (flyers and posters) that target the need for compliance with the law regarding underage drinking.
- Development and delivery of public service announcements on the radio.

Youth attitudes toward advertising were dramatically changed after their involvement in this campaign. Students indicated that they had acquired a new awareness of the ubiquitous nature of alcohol advertising. Teachers reported that students involved in the activities seemed to be more critical and systematically used problem solving methods.

Numerous other programs, such as Counseling Associates in Roswell, Socorro Mental Health, the Boys and Girls Clubs (statewide), implemented successful merchant education strategies in their communities, including the following example:

Youth and program staff of **Youth Development, Inc. (Valencia and Torrance Counties)** participated in a literacy education training to develop an education and a presentation framework for an alcohol merchant education session. The youth were also trained to implement the merchant education sessions.

Thirty alcohol merchants were identified, and completed merchant education sessions. Pre and posttests were distributed to the participating merchants to measure their understanding of the law that prohibits the sale of alcohol to minors, the effect of alcohol advertising to youth and general statistics of alcohol use by minors. Merchants signed a Letter of Commitment agreeing to participate in more training and collaborating with youth to ensure businesses do not produce advertising that makes alcohol consumption attractive to youth.

The Pueblo of Laguna, a participant in the **UNM ACL Teen Centers** programs, wrote a Tribal Resolution to ban the sale of drug paraphernalia at feasts. The Laguna Tribal Council passed the resolution. A written tribal ordinance has been prepared and is awaiting action before the Laguna Tribal Council.

In addition, the project's "Laguna Free-To-Grow" program and partner agencies organized and presented the "Walk the Line" event in which 125 community members participated in a 9-mile walk/run to bring about greater awareness of the prevalence of substance use/abuse found in Laguna and surrounding communities, and of the dangers of consuming high content beer and malt liquor sold in area convenience and grocery stores on or near the Laguna reservation. These efforts, which are focused on establishing healthy norms, are actually a return to traditional values that are sometimes shadowed by the unhealthy lifestyles of some community members.

The **Rocky Mountain Youth Corp's** environmental strategy reduced the illegal activities in public parks in the Town of Taos. Meetings with law enforcement agencies and town officials were held to gather information, police reports and crime data on unimproved public spaces that were known to be alcohol and drug activity areas. Through a series of youth-planned and implemented infrastructure changes to facilities, including decreasing access to hidden areas of the park, increasing observation activities by park staff and law enforcement officials, the identified public spaces no longer accommodated high risk and illegal activities, and the municipal parks are measurably safer for the community members. This was measured through tabulating police reports, interviewing park staff and gauging park usage through regular observation. There was a tradition of illegal drug sales in the parks that has been greatly reduced as indicated by the decline in police reports.

Isleta Pueblo's Youth Advisory Council developed a proposal for a tribal language preservation program. The proposal was presented to and approved by the Isleta Board of Education. The Youth Advisory Council then developed a draft no-tobacco ordinance, which after their presentation to the Board of Education was also approved by the Board of Education. The draft ordinance will now be presented to the Tribal Council for approval.

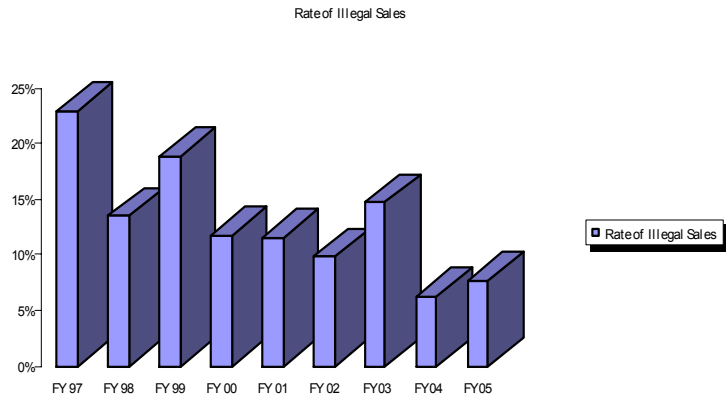


Reducing the Sale of Tobacco to Minors

The New Mexico Synar Illegal Tobacco Sales Reduction Effort

In FY 2005 the rate of illegal tobacco sales to minors was 7.7 percent. The following illustrate New Mexico's success in keeping the rate below 20 percent for the past eight years.

Fiscal Year	Rate of Illegal Sales	Compliance Rate
FY 97	23%	77%
FY 98	13.5%	86.5%
FY 99	18.9%	81.1%
FY 00	11.8%	88.2%
FY 01	11.6%	88.4%
FY 02	9.8%	90.2%
FY03	14.8%	85.2%
FY04	6.5%	93.5%
FY05	7.7%	92.3%



Due to the sustained excellence of the Synar effort, coupled with numerous community and national organizations changing the norms of youth use of tobacco products, New Mexico enjoys one of the lowest sales-to-minors rates in the United States. The rate of illegal sales has declined in the past eight years and has remained well below 20 percent. Responsible retailing is the result of citizens and retailers acting responsibly, enforcement of state law, and organized application of effective prevention policy on behalf of the youth of New Mexico.

Successful implementation of the Synar Amendment is important. First, it facilitates the reduction of both current and future health problems among adolescents by reducing retail access to tobacco products. Second, compliance with the law is consistent with the public's support of measures to prevent the use of tobacco by young people and, specifically, efforts to discourage tobacco sales to minors. Third, Synar is an example of a highly effective environmental prevention effort that addresses policy, enforcement, responsible retail practices, and change in community norms resulting in the long-term restricted access to a potent gateway drug.

The Behavioral Health Services Division contracted with community programs in FY 2005 and continues work with those programs in FY 2006 to conduct tobacco merchant education. Contractors collaborate with law enforcement, local coalitions and other tobacco control groups to enhance efforts at reducing youth access to tobacco. BHSD provides training in all aspects of the initiative. BHSD continues a partnership with the New Mexico Department of Public Safety to train Special Investigations Division agents to conduct consummated buy operations that result in citations to the selling clerk. Extensive law-enforcement efforts assist in keeping the rate of sales of tobacco to minors below the required 20 percent. (SID also conducts merchant education in those areas of the state where no prevention contractor is present.)

A non-consummated buy compliance survey is conducted by community programs and SID with a random sample of approximately 25 percent of all New Mexico youth accessible tobacco outlets to verify the effectiveness of the merchant education and enforcement efforts. The non-consummated buy compliance survey is evaluated by an external evaluator to determine the Synar violation rate charted previously. The non-compliance rate is reported to the Federal Substance Abuse and Mental Health Services Administration consistent with the Substance Abuse Prevention and Treatment Block Grant requirements.

Findings at a Glance

The findings shown in the Table were prepared and submitted by local program evaluators. Evaluation data were collected at various points in time during FY 2005, and analysis was conducted on matched pre and post evaluation instruments.

The outcome data for the findings presented for the PreK-6th Grade Youth and Families are-

Conner's Rating Scale (CRS): Conduct Problem—Parent Rating

CRS: Learning Problem—Parent Scale

CRS: Psychosomatic—Parent Rating

CRS: Anxiety—Parent Rating

CRS: Hyperactivity—Parent Rating

CRS: Conduct Problem—Teacher Rating

CRS: Inattentive-Passive—Teacher Rating

CRS: Hyperactivity Index—Teacher Rating

The findings presented in the section for Evidence-Based Programs for 12-17 Year Olds are based on analysis of following variables—

Resiliency and Protective Factors

Personal Attitudes Toward Peer ATOD Use

Parental Attitudes Toward ATOD Use

Community Attitudes Toward ATOD Use

Future Intentions Not to Use ATOD

Risk Factors

Perceived Availability of ATOD in the Community

Perception of Harm from Using ATOD

Self-Reported Depression

Self-Reported Aggression

Substance Use Variables

Combined Drug, Tobacco and Alcohol Use – Past 30-Days

Past 30-day use of any Alcohol

Past 30-day use of Cigarettes

Past 30-day use of Marijuana

Past 30-day use of any Illicit Substance



FY 05 Pre-Kindergarten through 6th Grade Youth and Families

FY 05 Pre-Kindergarten through 6th Grade Youth and Families

Community- Based Program	Location
Colfax County YES Program	Raton, Eagle Nest, Des Moines and Springer
Population served and Service Provided	Outcomes
173 youth and parents participated in the <i>Dare to Be You</i> program. Dare to be You is designed as a primary prevention program for children ages two to five and their families. The program focuses on lowering the risk of future substance abuse and other high-risk factors by improving communication and problem solving.	<p>Participants reported a statistically significant increase in their school grades ($p=.007$)</p> <p>Participants reported a statistically significant increase in their school behavior ($p=.03$)</p> <p>Participants reported a statistically significant increase in their school attendance ($p=.05$)</p> <p>Participants reported statistically significant increases in their family cohesion and family bonding ($p=.04$)</p> <p>Participants reported a statistically significant decrease in disruptive school behavior ($p=.03$)</p>

FY 05 Pre-Kindergarten through 6th Grade Youth and Families

Community- Based Program	Location
Counseling Associates	Roswell
Population served and Service Provided	Outcomes
137, total students from Hagerman and Sydney Gutierrez Elementary Schools participated in the <i>Botvin Life Skills training</i> program. This program is based on over 20-years of research concerning the causes of substance abuse and how to best prevent it.	<p><i>Botvin Life Skills</i></p> <p>Reduction in the total sample of ATOD use to zero use of marijuana at post-test</p> <p>Reduction in the female students to zero use of marijuana, alcohol or illicit- drugs at post-test</p> <p>Significant findings in the total sample for increase in accurate knowledge about substance abuse, increase in relaxation skills, increased knowledge about the effects of stress</p>



FY 05 Pre-Kindergarten through 6th Grade Youth and Families

Community- Based Program

Location

Counseling Associates

Roswell

Population served and
Service Provided

104 parents participated in the *Dare to Be You* program.

Outcomes

Dare to Be You

Participants reported a statistically significant increase in positive family interactions; especially female participants ($p < .05$) and Spanish participants reported a statistically significant increase in positive family interactions ($p < .001$).

Participants reported a statistically significant increase in positive parental attitudes ($p < .001$) and female participants reported a statistically significant increase in positive parental attitudes ($p < .01$).

Participants reported reduced scores on the Parent-Child Dysfunctional Interaction Scale, especially female participants and Spanish participants reported reduced scores on

FY 05 Pre-Kindergarten through 6th Grade Youth and Families

Community- Based Program

Location

Excel Education Enterprise, Inc.

City of Albuquerque, South Broadway and Kirtland Additions

Population served and
Service Provided

53 parents and families participated in the *Effective Black Parenting* program. This program is designed to foster family communication, African American identity and child growth development.

Outcomes

Effective Black Parenting

The program created positive changes in terms of Perception of harm, attitude of peer use, peer drug use and drug availability in the community, either significantly or meaningfully



FY 05 Pre-Kindergarten through 6th Grade Youth and Families

Community- Based Program

Farmington Municipal Schools

Location

City of Farmington

Population served and
Service Provided

65 elementary school children and their parents participated in the *Right Start* program.

814, high-risk youth completed sessions of the *I Can Problem Solve* curriculum.

Outcomes

Teacher ratings of hyperactivity decreased from the pre- to post- test periods at a statistically significant level

School protective factors increased from the pre- to post- test

Male subjects reported a statistically significant increase in the perception of the harms caused by ATOD consumption

FY 05 Pre-Kindergarten through 6th Grade Youth and Families

Community- Based Program

Gila Regional Medical Center

Location

Grant County

Population served and
Service Provided

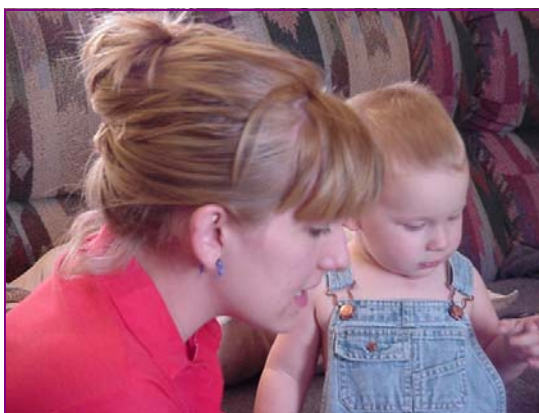
132 families participated in the *First Born Program*, a home visitation program for first-time pregnant women and first time families.

Outcomes

Program participants demonstrated significant improvements in family social support

Participant mothers showed a significant increase in caregiver characteristics, positive parenting skills, child related development expectations and positive perception of child in post-test

Participants reported a significant increase in positive parent-child bonding, positive parent-child interaction/communication, positive marital relationships, and positive male parental involvement ($p < .000$)



FY 05 Pre-Kindergarten through 6th Grade Youth and Families

Community- Based Program	Location
La Clinica del Pueblo de Rio Arriba	Northern Rio Arriba County (north of Espanola)
Population served and Service Provided	Outcomes
63 students in total completed the Dare to Be You program in Gallina, Abiquiu, Chama and Espanola. Dare to Be You is a 12- week parent education program that is interactive, engaging and involves parents in hands- on learning experiences.	Participants reported a statistically significant increase in positive family interactions ($p<.01$) Participants reported a statistically significant increase in positive parental attitudes ($p<.03$) Participants reported a statistically significant increase in positive parent/child interactions ($p<.05$)

FY 05 Pre-Kindergarten through 6th Grade Youth and Families

Community- Based Program	Location
<u>Grade Youth and Families</u> Mescalero Apache Tribe	Mescalero Apache Reservation
Population served and Service Provided	Outcomes
136 students at the Mescalero Apache School completed the Botvin Life Skills Training program 98 Parents participate in the Solutions for Families program	Solutions for Families Some gains were found in protective factors and drug use The program created statistically significant changes in family interaction, parental attitudes and parent/ child interactions Life Skills Participants reported decreases in 30-day use of alcohol, tobacco, marijuana, and illicit drugs (approaching significance) Participants reported an increase in perception of harm of ATOD use (approaching significance)

FY 05 Pre-Kindergarten through 6th Grade Youth and Families

Community- Based Program	Location
National Indian Youth Leadership Project	McKinley County and Navajo Nation
Population served and Service Provided	Outcomes
100 youths and 69 family members completed <i>Project Venture</i> , a positive youth development program that utilizes outdoor experiential education and service learning.	Significant decline ($p < .05$) from pre to post on measures of school bonding (performance, attendance, school protective factors)
30 students completed the Walking in Beauty program.	

FY 05 Pre-Kindergarten through 6th Grade Youth and Families

Community- Based Program	Location
North Central Community-Based Services	Chama Valley, Northern Rio Arriba County
Population served and Service Provided	Outcomes
148 5 th grade students participated in <i>Life Skills Training</i> ; 20 high-risk youth attended <i>Across Ages Mentoring</i> ; 20 parents participated in sessions of <i>Dare to Be You</i> ; and 19 parents attended <i>Strengthening Multi-Ethnic Families</i> .	Some gains were found in protective factors Drug use decreased slightly for all substances approaching significance Parenting Scales in the Dulce program created significant positive changes in family interaction, parental attitudes and parent/ child interactions Participants reported a statistically significant increase in positive family interactions ($p < .05$) and parent/child interactions

FY 05 Pre-Kindergarten through 6th Grade Youth and Families

Community- Based Program	Location
Rocky Mountain Youth Corps	Taos County
Population served and Service Provided	Outcomes
67 students completed After School Mentoring Program, 342 completed Elementary Prevention Lessons, 52 attended After School Enrichment and 40 parents attended Parent Learning Nights	Participants improved their conduct after participation in the program. This finding was statistically significant Participants' ability to be attentive and less passive improved. This finding was statistically significant ($p < .05$) There was statistically significant improvement in participants' school performance ($p < .05$)

FY 05 Pre-Kindergarten through 6th Grade Youth and Families

Community- Based Program
San Juan County Partnership

Location
San Juan County

Population served and
Service Provided

23 families participated in the
Families and Schools Together
(FAST) program.

304 students completed the *Botvin*
Life Skills Training program

Outcomes

Male students reported improved communications with
parents ($p < .05$)
Increase in female students for negative attitudes
toward use ($p < .04$)

FY 05 Pre-Kindergarten through 6th Grade Youth and Families

Community- Based Program
Sandoval County Substance
Abuse Prevention Program

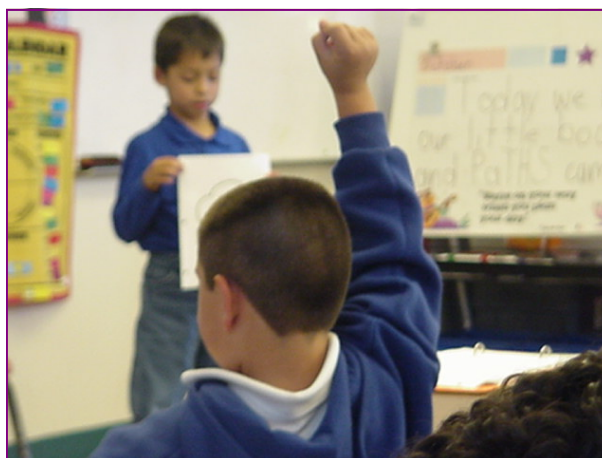
Location
Sandoval County

Population served and
Service Provided

89 parents and 93 youths
participated in the *Dare to Be You*
program.

Outcomes

Significant improvement in community participation,
especially for parents not born in the United States
($p < .000$)
Significant improvement in family interactions ($p < .046$)
Significant improvement in parental attitudes ($p < .002$)
Significant decrease in parent-child dysfunctional
interactions ($p < .023$)



FY 05 Pre-Kindergarten through 6th Grade Youth and Families

Community- Based Program	Location
Southern New Mexico Human Development, ROPE K-6 Strengthening Families Program	SNMHD serves communities within sixty (60) miles of the border; Dona Ana, Luna, Sierra and Socorro Counties
Population served and Service Provided	Outcomes
49 parents and youth completed the Strengthening Families Program	Statistically significant reductions in: Conduct Problem, statistically significant reductions in Impulsivity-Hyperactivity, statistically significant reductions in Hyperactivity Index Reductions approaching significance in Anxiety

FY 05 Pre-Kindergarten through 6th Grade Youth and Families

Community- Based Program	Location
Talking Talons Youth Leadership	The City of Moriarity, Village of Tijeras, Torrance and Sandoval Counties
Population served and Service Provided	Outcomes
45 youth ages 9-11, from the East Mountain area (Tijeras, Sandia Park) participated in a youth leadership program designed by Talking Talons, which provides skills building activities and interactions with endangered animals and injured wildlife.	Increase in knowledge and attitudes toward the environment Positive change in attitude toward violence Positive change in moral attitudes Participants reported an increase in family bonding. Participants reported a decrease in past 30-day use of alcohol, especially among male participants

FY 05 Pre-Kindergarten through 6th Grade Youth and Families

Community- Based Program	Location
Taos Colfax Community Services, Inc., PATHS Program	Taos and Colfax Counties
Population served and Service Provided	Outcomes
426 completed Promoting Alternative Thinking Strategies (PATHS) in Taos County and 277 in Colfax County	Among all groups statistically significant reductions or in some cases approaching significance in the Impulsive-Hyperactive Scale, reductions approaching significance in the Hyperactivity Index A positive trend was evident in the increase approaching significance in parent reports of Family Cohesion and Adaptability There was a statistically significant increase in Perceived Harm for youth ATOD use Statistically significant reductions in Conduct Problem (p = 0.02)

FY 05 Pre-Kindergarten through 6th Grade Youth and Families

Community- Based Program	Location
Taos Pueblo	Taos Pueblo
Population served and Service Provided	Outcomes
64 students in grades 3-5 at the Taos Day School completed the <i>Life Skills Training</i> Program	Participants improved their disruptive school behaviors ($p \leq .05$) Female participants showed statistically significant improvement in hyperactive behaviors in the classroom ($p \leq .05$) Statistically significant improvement in participants' self-image ($p \leq .01$)

FY 05 Pre-Kindergarten through 6th Grade Youth and Families

Community- Based Program	Location
University of New Mexico/ Center for Health Promotion and Disease Prevention: Acoma-Laguna-Canoncito Teen Centers	Acoma, Cubero, Laguna, Seboyeta, and To'hajiilee
Population served and Service Provided	Outcomes
302 students ages 8-13 participated in <i>Life Skills Training</i>	Significant improvements in conduct problems noted by parents. ($p < .01$) Significant improvement, especially by males, on parents rating of anxiety. ($p < .04$) In female sample, parents recorded significant improvement in conduct problems. ($p < .00$) Participants reported a significant increase in the perception of the harmful effects of smoking

FY 05 Pre-Kindergarten through 6th Grade Youth and Families

Community- Based Program	Location
Youth Development, Inc.	Valencia County
Population served and Service Provided	Outcomes
71 completed the <i>Dare to Be You</i> program.	The total sample showed statistically significant improvements in Family Interaction and Parental Attitudes; decreases in Parent-Child Dysfunctional Interaction

FY 05 Youth Ages 12-17

FY 05 New Mexico Evidence Based Programs for Youth Aged 12- 17 Years

Community- Based Program	Location
Cornstalk Institute	South Valley, Santa Barbara, Martineztown and downtown neighborhoods of Albuquerque
Population served and Service Provided	Outcomes
137 Participant students from Jefferson, Harrison and Washington Middle Schools and Albuquerque and Rio Grande High Schools. Students attended sessions of <i>Learning to Lead (L2L)</i> , a mentoring tutoring and skills building program. This program was developed by Cornstalk Institute and incorporates academic and social support through mentoring, experiential challenge activities and community service	The program showed a downward trend in past 30-day alcohol use approaching significant measure Participants moved in the desired direction in pre- and post-test in measures of locus of control (a good measure of internal self- reliance) and social competence and family bonding

FY 05 New Mexico Evidence Based Programs for Youth Aged 12- 17 Years

Community- Based Program	Location
Counseling Associates	Chaves County
Population served and Service Provided	Outcomes
36 students in the 9 th to 12 th grades participated in the <i>Reconnecting Youth</i> program. Reconnecting Youth is a peer group approach to building life skills taught at three high schools in Chaves County	<i>Reconnecting Youth</i> Decrease in aggressive behaviors Decrease in female students use of illicit drugs and alcohol The largest changes came in the areas of Increased Parent Intolerance of use
408 6 th , 7 th and 8 th graders at three middle schools in Chaves County—Sidney Gutierrez, Hagerman and Dexter— participated in the <i>Botvin Life Skills</i> training program. LST is a proven, highly effective universal substance abuse prevention/ competency enhancement program designed to focus primarily on the major social and psychological factors promoting substance use/abuse.	<i>Botvin Life Skills</i> Decrease in risk-taking behaviors (p<. 05) Decrease in current ATOD use (p<. 05) Increase in parent support Decrease in future intent to use ATOD (p<. 05) Male participants reported a decrease in risk-taking behaviors (p<.05)

FY 05 New Mexico Evidence Based Programs for Youth Aged 12- 17 Years

Community- Based Program	Location
Counseling Center	Lincoln County
Population served and Service Provided	Outcomes
104 parents attended sessions of the <i>Guiding Good Choices</i> program	Shifts in the parenting scale in statistically positive directions for: Family Interaction (P< .03), Parental attitudes (p<. 04) and Parent-Child interactions

FY 05 New Mexico Evidence Based Programs for Youth Aged 12- 17 Years

Community- Based Program	Location
Dona Ana County	Dona Ana County
Population served and Service Provided	Outcomes
121 students participated in the <i>Too Good for Drugs</i> program	Parent program participants reported greater intolerance for youth ATOD use at post- test Male student participants reported a greater belief that their parents were intolerant of youth ATOD use Female participants reported knowing fewer friends who used ATOD at post- test
125 youth and 24 parents completed the <i>Creating Lasting Family Connections</i> program	

FY 05 New Mexico Evidence Based Programs for Youth Aged 12- 17 Years

Community- Based Program	Location
Espanola Municipal Courts	City of Espanola
Population served and Service Provided	Outcomes
66 youth participated in <i>Project Venture</i> . This program has experiential, after-school, weekend and summer services and peer leadership opportunities.	Positive trend increase in parent intolerance of youth ATOD Decrease in tobacco use Significant increase for female students in perceived harm of ATOD use ($p \leq .05$)

FY 05 New Mexico Evidence Based Programs for Youth Aged 12- 17 Years

Community- Based Program	Location
Excel Educational Enterprises	The City of Albuquerque, South Broadway and Kirtland additions
Population served and Service Provided	Outcomes
97 parents, guardians, family members and youth ages 12- 17 completed the <i>Effective Black Parenting</i> program, and other culturally relevant, skill development activities including Buffalo Soldiers.	Significant improvements in Perceived Harm of ATOD use ($p \leq .05$) Participants reported a significant decrease in past 30- day alcohol use ($p \leq .05$)



FY 05 New Mexico Evidence Based Programs for Youth Aged 12- 17 Years

Community- Based Program	Location
First Nations Community Health Source	Albuquerque (South Valley)
Population served and Service Provided	Outcomes
124 youths participated in the <i>Run to the Sun (RTS)</i> program. RTS is an alcohol, tobacco and other drugs (ATOD) prevention program based on the best practice model of <i>Project Venture's</i> prevention program.	Peer substance abuse decreased from pre- to post- test (approaching significance) Parental intolerance of youth substance abuse increased (approaching significance) Increased school involvement

FY 05 New Mexico Evidence Based Programs for Youth Aged 12- 17 Years

Community- Based Program	Location
Five Sandoval Indian Pueblos Council	Pueblos of Santa Anna, Cochiti and Zia
Population served and Service Provided	Outcomes
75 youth served in <i>Project Venture</i> . This is a positive youth development program for Native American youth utilizing experiential outdoor education and service learning.	Decrease in aggressive behavior. Decrease in alcohol and tobacco use at post-test. Increase in commitment to non-ATOD use, especially by boys. Risk taking behavior decreased for boys. Positive and measurable decrease in tobacco use for the entire group

FY 05 New Mexico Evidence Based Programs for Youth Aged 12- 17 Years

Community- Based Program	Location
Isleta Pueblo	Isleta Pueblo
Population served and Service Provided	Outcomes
65 5 th and 6 th grade students at the pueblo BIA completed the Project Venture Program. Project Venture is an alternative, year-round prevention program that is based in experiential education.	This program was temporarily interrupted due to staff changes, therefore outcomes were not available at time of production.

FY 05 New Mexico Evidence Based Programs for Youth Aged 12- 17 Years

Community- Based Program	Location
Hands Across Cultures	Southern Rio Arriba and Northern Santa Fe Counties
Population served and Service Provided	Outcomes
61 Students at Espanola Valley High School completed <i>Project Success</i> .	Significant reductions in risk taking and aggressive behaviors
10 Parents completed the <i>Guiding Good Choices</i> component of the program	Significant increase in impact of ATOD use, perceived harm of ATOD and intention to abstain
	Significant reductions in 30-day use of alcohol and illicit drugs

FY 05 New Mexico Evidence Based Programs for Youth Aged 12- 17 Years

Community- Based Program	Location
National Indian Youth Leadership Project	Gallup/McKinley County
Population served and Service Provided	Outcomes
197 youth and 48 family members participated in in- school and out of- school <i>Project Venture</i> programs, a positive youth development program for Native American youth that utilizes experiential outdoor education and service learning.	The program comparison group declined in four measures from pre- to post-test: Peer substance abuse, adult substance abuse, youth access to drugs and recent alcohol use
	Three areas registered near- statistically significant decreases: recent marijuana use, perception of harm from substance abuse and disapproval of substance abuse

FY 05 New Mexico Evidence Based Programs for Youth Aged 12- 17 Years

Community- Based Program	Location
North Central Community Based Services	Participating NM Pueblo communities including; Cochiti, Santa Ana, Zia, Jemez and Sandia Pueblos located in Sandoval and Bernalillo Counties. Four middle and high schools in northern Arriba County
Population served and Service Provided	Outcomes
75 students participated in <i>Project Venture</i> . Project Venture is, a positive youth development program for Native American youth that utilizes experiential outdoor education and service learning.	<i>Project Venture</i>
	✦ Significant decrease in student's ATOD use
	✦ Significant decrease in student's 30-day alcohol use
	Indicators for 30-day prevalence for tobacco, marijuana and illicit drugs declined
	Some positive changes were seen in resiliency factors such as impact of ATOD use, aggressive behaviors and adult ATOD use
	The program also created small reductions in use of tobacco, marijuana and illicit drug use among female students

FY 05 New Mexico Evidence Based Programs for Youth Aged 12- 17 Years

Community- Based Program	Location
Presbyterian Medical Services – Lincoln County	Lincoln and Otero Counties
Population served and Service Provided	Outcomes
68 youth and 60 parents/guardians or immediate family members participated in the <i>Strengthening Multi-Ethnic Families and Communities</i> program.	Increased attitudes regarding impact of AOD Use ($p < .004$) Decreased youth perception of adults favorable attitude toward ATOD use ($p < .018$) Decreased perception of availability of ATOD ($p < .013$)

FY 05 New Mexico Evidence Based Programs for Youth Aged 12-17 Years

Community- Based Program	Location
Quay County Alcohol and Substance Abuse Prevention Coalition	Quay County
Population served and Service Provided	Outcomes
353 students in 6 th , 7 th and 8 th grades participated in the <i>Northland Project</i> . The goals are to delay the age when young people begin drinking, reduce alcohol use among young people who have already tried drinking, and limit the number of alcohol related problems of young people.	After the program, compared to before, youth reported that fewer of their close friends used alcohol and/or that fewer of their friends had used drugs such as marijuana or cocaine (very large effect) After the program, compared to before, youth reported greater parental support (very large effect) Youth reported less alcohol use after the program than before (very large effect) Youth reported less marijuana use after the program than before (moderate effect)

FY 05 New Mexico Evidence Based Programs for Youth Aged 12- 17 Years

Community- Based Program	Location
Rocky Mountain Youth Corps	Taos County
Population served and Service Provided	Outcomes
345 students completed prevention lessons and <i>Four Service Learning</i> projects.	Statistically significant improvement in participants' social competence Statistically significant improvement in participants' problem solving skills ($p < .05$)
26 completed Corps member training	Statistically significant improvement in participants' attachment to the community Slight decrease in participants' level of illicit drug use

FY 05 New Mexico Evidence Based Programs for Youth Aged 12- 17 Years

Community- Based Program	Location
San Juan County Partnership	San Juan County
Population served and Service Provided	Outcomes
281 youth participated in the <i>All Stars</i> program. 10 completed the <i>Families and Schools Together</i> program.	Perceived harm coming from use of ATOD, whole sample, (p=.05) Perceived harm coming from use of ATOD, male sample, (p=.02) Intolerance of ATOD use, female sample, (p=.06) Decline in adult ATOD use, female sample, (p=.05)

FY 05 New Mexico Evidence Based Programs for Youth Aged 12- 17 Years

Community- Based Program	Location
Sandoval County Substance Abuse Prevention Program	Sandoval County
Population served and Service Provided	Outcomes
130 middle school students participated in <i>Project Northland</i>	<i>Project Northland</i> Significant increase in the perception of harm from alcohol, or other drug use. (p>.10). Significant increase in the perception that it is wrong for their peers to try alcohol and other drugs. (p<.10). Increase in the intent not to use substances by Hispanic youth. Hispanic youth reported a significant increase in negative parental attitude toward ATOD use. (p<.010)
50 high school youth participated in the <i>Reconnecting Youth</i> program.	<i>Reconnecting Youth</i> Significant increased perception of harm from substance use. (p<.085). Students reported a reduction in use of all substances. Significant reduction among Native American youth in use of marijuana (p<.015), tobacco. (p<.020)



FY 05 New Mexico Evidence Based Programs for Youth Aged 12- 17 Years

Community- Based Program	Location
Santa Fe Community College	Pojoaque Valley
Population served and Service Provided	Outcomes
99 7 th grade students in the Pojoaque Middle School participated in the <i>Connecting Youth</i> program, an adaptation of the <i>Project Venture</i> program. 22 parents of the youth participating in the <i>Connecting Youth</i> program received services to improve family bonding and family communication skills	Increase in perception of harm from ATOD use. Youth reported reduced use of tobacco products, alcohol and marijuana Positive trend concerning parents' negative attitude toward youth alcohol, tobacco and other drug use Positive trend towards academic improvement Parents reported their child showed improvement with learning, conduct and hyperactivity problems

FY 05 New Mexico Evidence Based Programs for Youth Aged 12- 17 Years

Community- Based Program	Location
Santa Fe Public Schools	Santa Fe
Population served and Service Provided	Outcomes
1,094 students were served by the <i>Botvin Life Skills Training</i> Program in 51 classes (901 6 th grade students and 193 5 th grade students)	Statistically significant improvement in students' perception of harm of alcohol, tobacco, and other drug abuse ($p \leq .05$) Statistically significant improvement in participants' attitudes about smoking and alcohol ($p \leq .05$) Statistically significant improvement in participants' knowledge about marijuana and tobacco ($p \leq .001$) Statistically significant improvement in participants' decision making skills ($p \leq .001$) Statistically significant improvement in participants' stress management skills ($p \leq .001$) Statistically significant improvement in participants' self-esteem ($p \leq .05$)

FY 05 New Mexico Evidence Based Programs for Youth Aged 12- 17 Years

Community- Based Program	Location
Socorro Mental Health Foundation	Socorro County, Sarracino Middle School and Alamo Navajo School
Population served and Service Provided	Outcomes
22 students completed the <i>Reconnecting Youth</i> program and the <i>Strategies for Success</i> program.	Increased parent intolerance of male youth ATOD use (approaching significance) Reduction of impact of male student ATOD use (approaching significance) The results of the tests of the within-subject effects indicate significant effects for a reduction in Impact of ATOD Use (approaching significance)

FY 05 New Mexico Evidence Based Programs for Youth Aged 12- 17 Years

Community- Based Program	Location
Southern New Mexico Human Development	Dona Ana County
Population served and Service Provided	Outcomes
55 youth grades 7-12 participated in the <i>Reconnecting Youth</i> program	Significant increase in the perception of harm related to alcohol, tobacco and other drugs
57 families participated in the <i>Strengthening Families Program</i>	Significant reduction in aggressive behaviors Impact of AOD use and negative attitude toward ATOD use showed positive changes. Significant decrease in past 30-day alcohol use for female students ($p \leq .05$)



FY 05 New Mexico Evidence Based Programs for Youth Aged 12- 17 Years

Community- Based Program	Location
Talking Talons Youth Leadership	City of Moriarty, Village of Tijeras, Sandoval and Torrance Counties
Population served and Service Provided	Outcomes
100 youths participated in the <i>Talking Talons Youth Leadership</i> program	Participants reported a decrease in aggressive behaviors, especially among male participants ($p \leq .01$) Female participants reported decreases in aggressive behaviors and peer use of ATOD (approaching significance) Female participants reported increase in their intolerance of ATOD use, parental support, and parental intolerance of ATOD use (approaching significance)

FY 05 New Mexico Evidence Based Programs for Youth Aged 12- 17 Years

Community- Based Program	Location
Taos Colfax Community Services, Inc., PATHS Program	Taos and Colfax Counties
Population served and Service Provided	Outcomes
136 12-17 years olds completed the <i>Promoting Alternative Thinking Strategies</i> (PATHS) program.	✦ Significant increase in Parent Support ($p \leq .01$) ✦ The frequency analysis revealed positive decreases in the percentage of youth reporting use of: cocaine, crack, methadone, speed, PCP, ecstasy, hallucinogens and inhalants

FY 05 New Mexico Evidence Based Programs for Youth Aged 12- 17 Years

Community- Based Program	Location
University of New Mexico/ Center for Health Promotion and Disease Prevention: Acoma-Laguna-Canoncito Teen Centers	Acoma, Laguna, To'hajiilee, Cubero and Seboyeta
Population served and Service Provided	Outcomes
330 3 rd , 4 th and 5 th grade students completed the <i>Botvin Life Skills</i> Program.	Impulse and hyperactive behaviors improved

FY 05 Youth Ages 12-17 in the 401-B Governor's Initiative

FY 05 New Mexico 401-B Programs

Community- Based Program	Location
Espanola Municipal Court	Espanola Valley (Rio Arriba County)

Population served and Service Provided	Outcomes
86 youth aged 12 to 17 years participated in an adaptation of the <i>Project Venture</i> program.	Participants reported decreases in past 30-day use of some forms of tobacco and some illicit drugs, especially among male participants' decrease in tobacco use

FY 05 New Mexico 401-B Programs

Community- Based Program	Location
Hands Across Cultures	Espanola Valley

Population served and Service Provided	Outcomes
61 youth aged 12 to 17 years participated in the school-based Project SUCCESS program.	Project SUCCESS Participants reported statistically significant decreases in risk taking behavior and peer use of ATOD ($p \leq .001$) Participants reported a statistically significant increase in intolerance of ATOD use ($p \leq .05$)
7 parents participated in the <i>Guiding Good Choices</i> program.	Participants reported statistically significant decreases in past 30-day use of tobacco ($p \leq .001$) and illicit drugs ($p \leq .01$) ✦ Participants reported a decrease in aggressive behaviors (approaching significance)



FY 05 Services for Children Newborn to Age 6 and Their Families

SIG 0-6 Enhancement Grant

Community- Based Program	Location
Southern New Mexico Human Development, Inc.	Doña Ana, Sierra, Luna, and Socorro Counties
Population served and Service Provided	Outcomes
80 parents participated in the <i>Strengthening Families Program</i> . <i>Strengthening Families</i> is a family-focused initiative that increases family management skills, reduces the likelihood for substance abuse and other problems associated with the teen years, and reduces family-related risk factors for adolescent problem behaviors.	<p>Risk and Protective Factors:</p> <p>An increase approaching significance was shown in Parenting Skills ($p = 0.12$)</p> <p>A decrease approaching significance was shown in Parent Child Dysfunctional Interaction ($p = 0.06$)</p> <p>ATOD Use Scales:</p> <p>Decreases were revealed for alcohol (12 parents to 9 parents) and chewing tobacco (1 parent to 0 parents)</p> <p>Other positive findings include no increases in use for alcohol to intoxication, benzodiazepines, part or all of a cigarette, and snuff, as well as zero use reported for the following substances: cocaine/crack, marijuana/hashish/pot, heroin or other opiates, non-prescription methadone, PCP or other hallucinogens, methamphetamines or other amphetamines, inhalants, pipes, and other illegal drugs</p>

SIG 0-6 Enhancement Grant

Community- Based Program	Location
Counseling Associates, Inc.	Chaves County
Population served and Service Provided	Outcomes
147 parents participated in the <i>Parents As Teachers</i> (PAT) program. PAT is an international early childhood parent education and family support program serving families throughout pregnancy until their child enters kindergarten, usually age 5. The program is designed to enhance child development and school achievement through parent education accessible to all families. It is a universal access model.	<p>Observations of the PAT program during a home visit indicate the program is well received, CAI personnel are highly respected and participants – of all ages – are eager and actively engaged in the different activities. For many reasons, described in lessons learned and in the evaluation discussions, the state required instrument does not accurately reflect the progress families are making towards enhancing child development and school achievement through parent education, as is the intent of the program</p>

SIG 0-6 Enhancement Grant

Community- Based Program

Sandoval County Substance Abuse Prevention Program

Location

Sandoval County

Population served and Service Provided

115 participants completed *the Dare to Be You* program. *Dare to Be You* is a 120-hour curriculum program for Pre-K children and their parents that is designed to increase family management skills and family bonding, and to prevent or decrease early onset of use.

Outcomes

Observations of the DTBY program during site visits indicate the program is well received, SCSAPP personnel are highly respected and participants – of all ages – are eager and actively engaged in the different activities. The implementation of the DTBY program through the SIG-E funding has replicated successful implementations of the DTBY program with the same population under different funding sources. The positive responses from participants mirror responses from previous cohorts and it is expected that this implementation of the program will be just as effective

SIG 0-6 Enhancement Grant

Community- Based Program

Santa Fe Public Schools
Teen Parent Center

Location

Santa Fe County and the surrounding rural areas

Population served and Service Provided

104 participants completed *The Meld Para Nueva Familia* program. *The Meld Para Nueva Familia* was designed specifically to meet the needs of Hispanic/Mexican-American parents of infants and toddlers. Parents meet twice a week in a support group setting to review information such as newborn care, nutrition and feeding, health, child development, accident prevention, first aid, and the role of play in a child's life.

Outcomes

There was statistically significant improvement in participants' home environment ($p < .001$)
There was statistically significant improvement in participants' social support ($p < .05$)
There was statistically significant improvement in participants' use of social services ($p < .05$)
There was statistically significant improvement in participants' parenting skills ($p < .001$)
There was statistically significant improvement in participants' family interaction skills ($p < .05$)



SIG 0-6 Enhancement Grant

Community- Based Program

Excel Educational Enterprises

Location

South Broadway and Kirtland Addition neighborhoods in Albuquerque

Population served and
Service Provided

110 participants completed *The Effective Black Parenting* program. *The Effective Black Parenting* is a 14-week interactive, hands-on parent education course that includes information and skill development on social learning theory, positive discipline methods, and communication skills. Parents and family members who take the course are involved with each other through structured class activities.

Outcomes

The change in the parenting skills scale between the beginning and the end of the program was statistically significant and meaningful ($p < .04$).

SIG 0-6 Enhancement Grant

Community- Based Program

Gila Regional Medical Center

Location

Grant County

Population served and
Service Provided

52 families participated in *The First Born Program*, including 127 in the Adult Literacy component. The success of the program is based on the following First Born Program characteristics: 1) strong medical community support; 2) meets community priorities; 3) is evidence-based; 4) has rigorous staffing requirements; 5) has community involvement and collaboration; and 6) has exceptional resources.

Outcomes

Mothers participating in the First Born Program demonstrated significant improvement in family social support (for postpartum period ($p < .000$))
Mothers participating in the First Born Program at posttest measure demonstrates significant increase in caregiver characteristics as they relate to positive parenting skills, child related developmental expectations and positive perception of child (for postpartum period ($p < .000$))
Mothers participating in the First Born Program at posttest measure demonstrated significant increase in positive family interactions as they relate to bonding with child, positive interaction/communication with child, positive marital relationship, and increased male involvement (for postpartum period ($p < .000$))

Conclusion

In fiscal year 2005, the Behavioral Health Services Division, Prevention Services Bureau and local service providers delivered successful prevention programming to youth and families that resulted in positive outcomes. Several milestones and accomplishments towards strengthening New Mexico's alcohol, tobacco and other drug abuse prevention system were also achieved. The BHSD was successful in its application for the SIG Enhancement Initiative, which has extended the service population to reach children and their families in the age group of 0-6. Additionally, the state system continues to develop the strong capacity to implement and evaluate evidence based drug prevention programs for youth and adolescents. Provider communities continue to demonstrate positive program findings:

Significant improvements were made in a number of risks factors including stronger perception of harm of ATOD use and stronger negative attitudes towards ATOD use.

Youth in the 15-17 age groups were found to have the strongest positive changes in risks and protective factors.

Overall, there was delayed onset of tobacco, alcohol, marijuana, and other illicit drug use across all age groups.

Youth in the 15-17 year old age group showed tremendous decreases in current alcohol use, marijuana use, and other illicit drug use.

For PreK-6th grade participants, each aspect of family interaction, parental attitudes, and community resilience were shown to significantly improve.

Most all aspects of youth conduct problems among K-6 participants showed significant improvement, including conduct disturbance, learning problems, psychosomatic problems, hyperactivity and youth anxiety.

The findings in this Executive Summary also attest to the success of DOH/BHSD in enhancing and sustaining the capacity of local prevention providers to conduct rigorous outcome evaluation of prevention services. Not only is DOH/BHSD able to collect statewide data from all funded prevention programs, but local providers can analyze and interpret their own program specific data for use in promoting the good work that they are doing and utilize the data to modify, when necessary, the delivery of prevention services.



